



***Every“body”
Welcome!***

Non-SilverSneakers
only pay \$1 per class with a
Recreation Center I.D

Non- I.D. card holders pay \$3.00

SilverSneakers® Classic **Tuesday 9:15**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® Splash **Tuesday & Thursday 10:30**

Take your workout to the water! Splash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and the SilverSneakers kickboard is used to develop strength, balance and coordination.

SilverSneakers® Yoga **Monday, Wednesday, Friday 9:30**

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

John Coyne Recreation Center
7619 Memphis Ave, Brooklyn
216.351.2133

Fitness – Fun – Friends